

VANCOUVER metro

NEWS
WORTH
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Firefighters' deaths stun Arizona town

19 bodies are retrieved after men fall victim to an erratic wildfire

PAGE 4

Military gives Egypt's prez 'last chance'

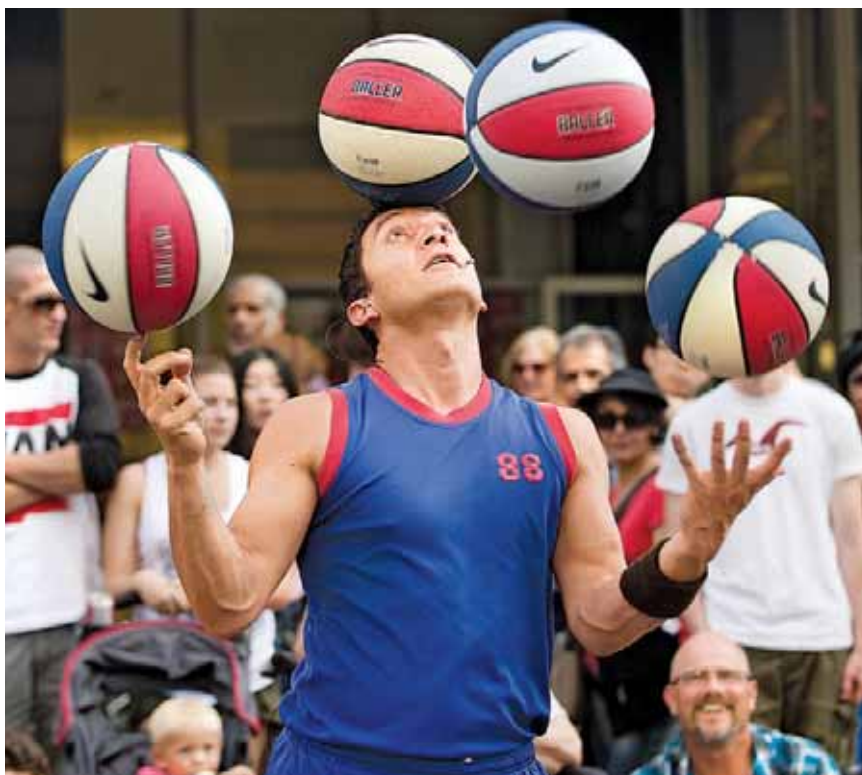
Mohammed Morsi has 48 hours to resolve a standoff with his opponents — or else

PAGE 5

WHAT'S OLD IS NEW AGAIN FOR VANCOUVER

LUONGO'S STILL A CANUCK AND GILLIS EXPECTS A RETURN TO FORM FOR THE CLUB'S REINSTATED NO. 1 GOALIE

PAGE 14



HE AIMS TO ENTERTAIN

Basketball Jones, a.k.a. Sean Kaata Dwen, performs on Monday during the final day of the Vancouver International Busker Festival. The annual event, which was held along five blocks on Granville Street Saturday through Monday, featured more than 150 shows with some of the world's best street performers. Reuben DotDotDot from Melbourne, Australia, won the people's-choice award. JENNIFER GAUTHIER/FOR METRO

Councillor fears for homeless transit riders

TransLink. Incoming Compass Card system could leave city's vulnerable stranded

Sometimes all it takes to get off the streets for the night is a bus ticket to a shelter.

But with the advent of TransLink's Compass Card system — and the demise of traditional paper bus tickets distributed by organizations that refer people to homeless shelters — one Vancouver councillor is wondering how the homeless will access transit.

Coun. Geoff Meggs will table a motion at next week's council meeting to work with TransLink to figure out how to provide Compass Cards to people without homes.

"It's not a free pass for transit for homeless people, but it's a way to provide transit at key points for them," Meggs said.

Temporary shelters are the first step out of homelessness, he said, so the city strives to get people into beds.

"We're not adding to what's there, we're just trying to make sure there's some access."

B.C. Housing already provides a limited number of bus tickets to a variety of organizations to help people get to shelters and appointments, Meggs said. But the technology upgrade places an obstacle in the program's path, since single tickets can only be purchased with cash at stations or on buses under the new system.

Compass Cards, to be introduced in the fall, must be pre-loaded with cash so people can tap in and tap out every time

they use the system. Those who pay cash to get on the bus will be issued a proof-of-payment slip, but the slips won't work to transfer to a SkyTrain.

It will be more difficult to move "informally" through the new system, Meggs said, though bus drivers may still have discretion to let people on without payment.

The city is getting involved to facilitate the discussion between TransLink, the province and organizations that provide bus tickets to those in need, Meggs said. TransLink seems sympathetic to the issue as it tries to roll out the new system smoothly, he added.

"We are looking at a number of solutions to ensure our customers' needs are addressed," TransLink spokeswoman Jiana Ling said in an email Monday.

EMILY JACKSON/METRO

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1 dead, dozens overdose at Wash. music festival

'Molly.' Drug cocktail blamed for wave of people treated at electronic-music fest

One man died and dozens of people were treated after overdosing on a drug called Molly at a weekend music festival at the Gorge Amphitheatre in central Washington, authorities said.

More than 25,000 people attended the sold-out, two-

day Paradiso Festival, which features dozens of electronic music performances.

An autopsy was scheduled Monday on a 21-year-old man from a Seattle suburb. His name was not released.

He was one of seven people from the festival who were taken to the hospital. Three remained in serious condition, said Kathy Hamilton, director of community relations.

Quincy Valley Medical Center treated and released about 70 other concert-goers in its

emergency room from Thursday through Sunday, spokeswoman Michele Wurl said, with at least 40 related to drugs and alcohol. The small, rural hospital has no intensive care unit and serious cases were transferred.

"We deal with the Gorge all summer long," Wurl said. "What we're seeing this year is much higher acuity — more severe — in the drug use."

Molly seemed to be a generic name for a cocktail of drugs, she said.

"They don't even know what they're taking," Wurl said. "They take a hit and 30 to 45 minutes later they take a second. So they get them maxing out one after another.... We're not talking about too much drinking or smoking a little marijuana."

Deputies handled 62 calls for service at the festival and arrested 23 people for various charges, including possession or delivery of controlled substances, trespassing, obstructing a public servant, as-

sault and disorderly conduct, the Grant County sheriff's office said in a statement. The number of arrests is not unusual for a concert at the Gorge, said Undersheriff Dave Ponozzo. Some people seen by medical personnel were using Molly or MDMA, he said. MDMA is also known as ecstasy.

"Most in attendance were very respectful people to us and to one another," Ponozzo said in an email. "I found them to be very social people."

THE ASSOCIATED PRESS



Canada's birthday twice as rosy, twice as fun

Hugh McPherson wears Canadian flag glasses while attending Canada Day festivities in Vancouver on Monday. Thousands of residents took in the celebrations at Canada Place in Vancouver and at other events throughout the Lower Mainland. DARRYL DYCK/THE CANADIAN PRESS

Cyclist killed. RCMP look for hit-and-run driver

Burnaby RCMP are searching for a dark coloured, two-door car suspected of striking a cyclist in a fatal hit-and-run in Burnaby on Sunday.

The male cyclist was killed when he collided with the car at the intersection of 13th Avenue and Wright Street around 8:30 p.m., according to Burnaby RCMP.

Witnesses last saw the suspect vehicle travelling east-bound on 16th Avenue after it

fled the scene. Police believe the vehicle has damage to the passenger door and are seeking information from anyone who witnessed the incident or the suspect vehicle, Const. Karen Whitby said in a statement.

The victim's details have not yet been released pending notification of next of kin.

Anyone with information regarding the collision is asked to call Burnaby RCMP at 604-294-7922. EMILY JACKSON/METRO

Granite Falls

Teen dead after waterfall sweep

RCMP say a 16-year-old boy is dead after he was swept over a waterfall while swimming above Granite Falls with friends in Indian Arm, Coquitlam. The boy fell about 15 metres, leaving him with severe injuries.

Police say witnesses helped pull the boy out and performed CPR, but he died of his injuries. The teen's name hasn't been released.

THE CANADIAN PRESS

Eastside intersection. Woman killed by bus

A woman was killed after being run over by a bus at Vancouver's deadliest pedestrian intersection — Main and East Hastings in the Downtown Eastside — on Sunday evening.

It appears the victim fell under the bus as it pulled away from a stop around 6:30 p.m., according to Vancouver police spokesman Const. Brian Montague.

Neither the driver nor the passengers noticed the colli-

sion, Montague said. The bus travelled a few blocks before someone alerted the driver, who stopped immediately and is co-operating with police.

Paramedics pronounced the woman dead at the scene. Police have not been able to identify her.

Investigators are canvassing the area for video evidence and speaking with witnesses to determine the cause of the accident. EMILY JACKSON/METRO

There's an app for that. UV index now on your phone

The fight against skin cancer has moved into the 21 century.

Save Your Skin Foundation, B.C. Cancer Agency and Environment Canada have collaborated on a mobile app called "UV Canada."

The free tool lets you check

the local weather forecast and the UV index, and it features a chart that tells users what times the risk of UV exposure is highest and a plethora of prevention tips and information about staying healthy in the sun.

There's even a "Time to Burn" countdown that tells you how long you can be out in the sun before getting a sunburn and when to re-apply lotion.

Most people already know the basics of sun protection, but overlooked areas still pose problems.

For instance, burns on feet and behind the ears are still common.

Kathleen Barnard of the Save Your Skin Foundation says she has also seen a rise in ocular melanoma because people aren't wearing sunglasses. **METRO**



The iPhone app, UV Canada

SCREENSHOT

Health care. Skin-cancer detection leaps forward

Dermatologists now have a powerful tool for detecting possible skin cancers.

Developed at the B.C. Cancer Agency and UBC, Dr. Harvey Lui and his team invented a portable device that scans mole and skin lesions and tells doctors instantly whether the spot is possibly malignant.

Commercially known as the Verisante Aura, Lui says the device is 95.99 per cent accurate in detecting skin cancer within seconds, whereas a lab test would require a minimum of 30 minutes.

Lui said the device is just another tool available to doctors, who previously relied mainly on their own sight and experience in diagnosing skin cancer.

The device works by expos-

ing skin to certain types of light that can detect changes in skin composition.

Aura is currently being used at several dermatology clinics across Canada, including in Vancouver.

Most people's first line of detection, however, is often a partner or spouse.

"Statistics show most cases are detected by partners or family members," Lui said. "Your spouse can save your life by just looking at your back."

He encourages anyone who finds an abnormal mole or spot on their skin to visit a doctor.

If caught early enough, a simple biopsy is usually enough to remove the spot and prevent cancerous cells from becoming a problem. **METRO**



Flocks of people enjoy a beautiful day at Kits Beach in Vancouver. Dermatologists remind sun worshippers to take precautions, such as wearing sunscreen and wearing hats to prevent skin cancer. EMILY JACKSON/METRO

Sun seekers beware

Consequences. When the mercury rises, Vancouverites like to soak up the sun, but one melanoma survivor warns of the dangers

MATT KIELTYKA
matt.kieltyka@metronews.ca

With the city's first summer heat wave in the books and a long-term forecast that calls for continued clear skies, so-called sun worshippers are flocking outdoors to soak in some Vitamin D.

But like most human indulgences, too much of

a good thing can have undesired consequences.

"I was given six months to live," said Kathleen Barnard of North Vancouver, after discovering two purple lumps on her skin in 2002. "I spent an awful lot of time in the sun and used to joke how I don't tan, but keep peeling and peeling."

Barnard, who was lucky enough to be given experimental and trial treatments for skin cancer, managed to beat the odds and survive the "roller coaster journey" she and her family had to endure.

She has since dedicated her life to making sure melanoma and skin-cancer patients have access to the same kinds of treatments

she did, through her Save Your Skin Foundation.

Her wish is that others don't have to get to that point.

"Skin cancer is preventable," Barnard said. "I think there's a naiveté around it, that we live in Vancouver where it's usually overcast and we're not in danger. All it takes is one bad ray from the sun."

As many as one in five people will develop some kind of skin cancer in their lifetime, and it's the second-most common cancer among young people — who tend to enjoy spending time in tanning beds or long days at the beach.

Using sunscreen, wearing hats and avoiding direct

sunlight in the middle of the day are firmly established in our collective consciousness, yet many people are prone to cheating.

"We're not asking people to live in caves, just to protect their skin," said Dr. Harvey Lui, head of the Department of Dermatology and Skin Science at UBC, skin oncologist at the B.C. Cancer Agency and director of Vancouver General Hospital's Skin Care Centre.

"We, as a society, know a lot about the risks and we could radically cut the rate of skin cancer if we just applied what we know. The knowledge is there. Our challenge is to reach more of the population and get people to better change their attitudes."

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- Alex Asipenka, AutoCAD Drafting Graduate

City, state and nation mourn 19 firefighters

Prescott, Ariz. Sudden shift in wind direction and speed blamed for boosting erratic blaze

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the nation's biggest loss of firefighters in a wildfire in 80 years.

The tragedy Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the unit's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as dark a day (as) I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said U.S. President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle increasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to about 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching



The wife of a firefighter who was killed hugs her father-in-law in front of Prescott Fire Station #7 on Monday.

DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the National Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow from 80 hectares to about 800 in a matter of hours.

THE ASSOCIATED PRESS

Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- Some of the firefighters were found inside them, while others were found outside the shelters.
- The hope in that desperate situation is that the fire will burn over them.



The Granite Mountain Hotshots practise setting up emergency shelters outside of Prescott, Ariz., in 2012. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

South Africa. Rapt nation struggles to put its love of Nelson Mandela to words

The spelling and grammar needs work, but the message has its own eloquence.

A 10-year-old's note to Nelson Mandela, the prisoner who fought South African apartheid, or white racist rule, and became a global emblem of unity and humility, addresses him as "the greatest president are land has ever had it is really bad that you are in the hospital. But really cool that you stopt apartit. you maid are land A beter place"

It is one of hundreds of messages that have been placed at two makeshift shrines by those celebrating the life and legacy of Mandela, 94, even as some lament that his life may be approaching an end.

The government said Monday that Mandela remains in "critical but stable" condition in the hospital where he was

admitted on June 8.

The hospital in downtown Pretoria is one of those pilgrimage sites; the other is his home in Houghton, a tree-lined neighbourhood in Johannesburg.

A swell of well-wishers has deposited letters, paintings, candles and flowers outside these spots, reflecting the mood of a nation whose identity is so closely linked to an ailing man out of public sight.

It is a bittersweet time for South Africa, proud of its power to reconcile amid racial conflict but struggling to fulfil expectations of a better life two decades after the end of apartheid.

The former president is visited daily by his family, and on Monday the three other surviving defendants in the trial in which Mandela was sentenced to life in prison in 1964 visited the hospital. THE ASSOCIATED PRESS

Mandela's impact

"In 1994 I walked ... to witness your inauguration. I raised my fist as the helicopters flew over with rainbow nation streaks of smoke trailing behind them. For the first time in my life I felt patriotism and pride in the leader of my country."

One well-wisher, remembering Mandela raising his fist after being released from prison



Boys read get-well messages Monday outside the Mediclinic Heart Hospital, where Nelson Mandela is being treated. THEMBA HADEBE/THE ASSOCIATED PRESS

No day off for flood volunteers

Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in celebration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need.

The particularly hard-hit community of Mission was abuzz Monday with dozens of volunteer restoration crews, as well as others spreading cheer by offering workers cold beer and food.

Numerous tradesmen were also out offering their work pro bono to flood victims.

"You can't even go into a house without there already being like 30 people in there helping," said Lyndee Kehler, who was volunteering in Mission on Monday with friends Nicole Swanson and Natasha Puka.

"We figured handing out beer would be a good idea," Swanson said. "It's hot out

and it's Canada Day."

The three friends, who plan to continue their volunteer efforts by heading to High River next, said they were impressed by the abundance of people supporting the volunteer workers with food, drinks and free services.

"We've been really well fed," said Puka. "There was a guy bringing shawarma and all kinds of things."

ALLISON PARDER/
FOR METRO IN CALGARY



From left, Lyndee Kehler, Natasha Puka and Nicole Swanson celebrate Canada Day after volunteering in Mission, Alta. ALLISON PARDER/FOR METRO

Hong Kong

Protesters rally for self-determination

Tens of thousands of Hong Kongers took to the streets Monday, demanding their widely hated Beijing-backed leader resign and pressing for promised reforms so they can choose their own.

Leung Chun-ying, who was not elected but instead picked by a committee of mostly pro-Beijing elites, has long been beset by controversy. THE ASSOCIATED PRESS

Tunisia

Opposition walks out of assembly

Dozens of opposition deputies have walked out of Tunisia's constitutional assembly to protest the final draft of a new post-Arab Spring constitution.

Singing the national anthem, the dissidents forced the closure of the session. Deputy Nadia Chaabane accused the ruling party of altering the final draft. THE ASSOCIATED PRESS

Egypt's military standing by

'The people's demands'

Mohammed Morsi gets 48-hour ultimatum to reach agreement with his opponents

Egypt's military gave a "last-chance" ultimatum on Monday to President Mohammed Morsi, giving him 48 hours to meet the demands of millions of protesters in the streets seeking his ouster, or the generals will intervene and impose their own plan for the country.

The military's statement, read on state TV, put enormous

pressure on Morsi to step down. Giant crowds demanding his departure in cities around the country for a second straight day erupted into delirious parties of celebration.

But any army move against Morsi after the two-day deadline risks a backlash from Morsi's Islamist backers, including his powerful Muslim Brotherhood and hard-liners, some of whom belong to former armed militant groups.

After the army statement, several officials of Morsi's Muslim Brotherhood insisted that the military and street protests cannot overturn the legitimacy of the president's election. An alliance of the Brotherhood

Quoted

"Any coup of any kind against legitimacy will only pass over our dead bodies."

Mohammed el-Beltagi, a leading Muslim Brotherhood figure, to a rally

and other Islamists read a statement at a televised press conference calling on all people "to rally in defence of legitimacy and reject any attempt to overturn it."

The army's stance also raises an unsettling prospect for many of Morsi's opponents as well — the potential return of

the military that ruled Egypt directly for nearly 17 months after the fall of autocrat Hosni Mubarak.

During that time, many of those now in the anti-Morsi campaign led protests against military rule, angered by its management of the transition, including killings of protesters.

"Morsi will leave, but I'm concerned with the plan afterward. The military should be a tool to pressure, but we had a bitter experience with military ruling the country, and we don't want to repeat it," said Roshdy Khairy, a 24-year-old doctor among the throngs in Tahrir Square.

THE ASSOCIATED PRESS



Egyptian women react in Cairo on Monday to the military's 48-hour ultimatum for President Mohammed Morsi and opposition leaders to reach an agreement. AMR NABIL/THE ASSOCIATED PRESS



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Alleged murder-for-hire. Puerto Rican woman accused in Canadian husband's death arrested

A woman accused of hiring someone to kill her wealthy Canadian husband — Adam Anhang — on the U.S. Caribbean island of Puerto Rico was arrested on Sunday in Spain after being sought for five years in the alleged murder-for-hire scheme.

Moises Quinones, the FBI's spokesman in Puerto Rico, said Aurea Vazquez Rijos was arrested by Spanish police at an airport in Madrid. The Puerto Rican suspect was taken into custody as she was getting off a flight from Italy, where she has lived for years and gave birth to

another man's twins.

Abe Anhang, the victim's father, said authorities told him that Vazquez's sister and her former husband have also been charged and arrested in Puerto Rico in connection with his son's killing in 2005.

"We're hopeful that after

such a long time justice will be done," Abe Anhang said.

Adam Anhang, 32, was beaten and stabbed to death in a popular tourist district of the Puerto Rican capital in September 2005 as he walked with Vazquez.

THE ASSOCIATED PRESS

Puppets4All

Israeli puppeteers for Palestinian show

Puppeteers from the Israeli version of Sesame Street are protesting after Israeli police closed the Palestinian national theatre in Jerusalem last week and cancelled a puppet festival.

THE ASSOCIATED PRESS

Statute of limitations up

Ex-Elmo puppeteer free of 3 lawsuits

Lawsuits brought by men who said former Elmo puppeteer Kevin Clash sexually abused them when they were underage were tossed out by a judge who said the men waited too long to sue.

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Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. JASON ALDEN/POOL/THE ASSOCIATED PRESS

It's Canada's day at the Bank of England

Auspicious start date.
Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about \$600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country.

Quoted

"He's got that charisma. People will warm to him."

Paul Kavanagh, senior market strategist for Killik & Co.

error of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country.

THE ASSOCIATED PRESS

Debit-card fees

McDonald's franchise offers more payroll options after suit

A McDonald's franchise in Pennsylvania promised to give employees more

payment options after it was sued by a former employee who said she was charged a fee to access her wages from a debit card.

Employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting

paid via direct deposit or paper cheque, a company spokeswoman said Monday. They'll also continue to have the ability to use payroll cards.

In her lawsuit, ex-employee Natalie Gunshannon said she was charged \$1.50 to withdraw cash.

THE ASSOCIATED PRESS

Copyright. Court delays class-action decision in Google fight

A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The second U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

THE ASSOCIATED PRESS



A staff member at the University of Michigan stands amid 2.4 million books scheduled to be digitized in partnership with Google in this 2004 file photo. THE DETROIT NEWS/THE ASSOCIATED PRESS FILE



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102332 (03/2013)

BREAKING BREAD OR DEAL-BREAKING?

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme-eating



SHE SAYS
Jessica Napier
metronews.ca

habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the types of lifestyles we want to lead. Food can be ideological, and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy.

I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Celebrity facemash



Mashup photography

Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

Q&A

"Like solving a human puzzle"

MARC GHALI
Freelance designer/media content manager, 30, from Toronto

How would you describe your photos?

I would use just one word: Juxtapose.

It must have taken you a

long time to find similar celebs and compositions in the original photos.

It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

These pictures suggest that the doppelgängers share and take on each other's personal identities ...

People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.

Point of Inquiry:

Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

John Locke Lectures:

Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.



There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

In Our Time:

While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.

Twitter

@BrentButt: HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

@Cmdr_Hadfield 7h: Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh,Canada!"

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

@TypeACubed: Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada <http://zite.to/1b1PBtf> via @zite

@PMJAMacdonald: Another annexation-free year is complete! Happy Dominion Day everybody!

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

Cinema Review



Despicable Me II

Stars. Steve Carell, Kristen Wiig

Directors. Pierre Coffin, Chris Renaud

.....

Despite the humdrum story *Despicable Me 2* is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family.

RICHARD CROUSE

Box Office news

\$40M ladies bring The Heat

Sandra Bullock and Melissa McCarthy brought *The Heat* against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned \$40 million in its opening weekend, topping the \$25.7M debut haul of Foxx and Tatum's *White House Down*. The Disney-Pixar animated prequel *Monsters University* remained box-office valedictorian in its second weekend, earning \$46.1 million in first place.

THE ASSOCIATED PRESS

How Mrs. Funbags made a comedy

On-set antics. With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making *The Way, Way Back*

NED EHRBAR

Metro World News in Hollywood

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for *The Way, Way Back*, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says.

"Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of *The Way, Way Back* — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a nat-



Sam Rockwell, left, Liam James and Maya Rudolph in *The Way, Way Back*. GETTY IMAGES

ural part of Jim and Nat, so I knew it would come out here and there," Rudolph says.

"But it wasn't necessarily like a *Waiting for Guffman*, like a completely improvised movie — although that would be fun, too. It's just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their

experience filming *The Way, Way Back*, which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to

Teen in the mix

Old helping the young. The *Way, Way Back* is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

Maya Rudolph's method.

"We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was *OldBooth*. I always turn people on to *OldBooth*. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

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Paula Deen

Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn

site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."

Lopez loses cred for crooning to infamous dictator



Jennifer Lopez

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Kardashian conspiracies and boy band beatdowns



STARGAZING
Malene Arpe
scene@metronews.ca

• Singer Aaron Carter, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• Jim Carrey says he cannot in good conscience support his new movie Kick-Ass 2 due to the level of violence. In unrelated news, Will Smith



admits he can no longer support After Earth due to the level of terrible.

• Arnold Schwarzenegger will play a leading role in an upcoming zombie movie. Possible tag lines include: 1) "Hasta gnaw vista, baby."

- 2) "If it bleeds, we can eat it."
- 3) "Put that brain down. Now."
- 4) "It's not a tumour. But if it is, I'll eat that too."
- 5) "Consider cat a first course."
- 6) "I'll be snack."

• Kim Kardashian reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on Solving Pre-Crime With The Kardashians: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?



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How to fix your metabolism

Food. Nutritionist Haylie Pomroy's bestselling The Fast Metabolism Diet claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA
McGUINNESS
wellness@metronews.ca

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of The Fast Metabolism Diet, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to

eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

When on the diet you must

- 1 Eat 5 times a day: 2 snacks & 3 meals
- 2 Eat every 3 to 4 hours when awake
- 3 Eat within 30 minutes of waking

- 4 Stay on the plan for the full 28 days
- 5 Stick to the foods allowed in each phase
- 6 Drink half of your body weight in ounces of water, every day



Day 1&2: Phase 1

HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

FOOD LIST

Sweet potato, kale, pineapples, cherries, mangos, brown rice, speltz pretzels, corned beef

DAY 3&4: Phase 2

HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

FOOD LIST

Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.



DAY 5-7: Phase 3

UNLEASH THE BURN: HIGH FAT + LOW CARB + LOW PROTEIN = THE BURN

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

FOOD LIST

Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

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It's a slippery slope, not all the cooking oils are created equal

Health options.

Weight loss author walks you through the best oils to use and dispels myths when it comes to the kitchen

LINDA CLARKE

Metro World News

With so many cooking oils on store shelves, which is the best for you?

Registered dietician Marla Heller, author of The DASH Diet Weight Loss Solution and The Everyday Dash Diet Cookbook, gave us the slick truth.

Olive oil

"I always go with what's been proven over periods of time,"



Get informed about using cooking oils. ISTOCK PHOTOS

Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest."

The wonder pour's only

caveat?

"It shouldn't be heated to high temperatures," she says.

Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are

neutral-tasting oils, so they're good for baking," Heller says.

But don't go crazy.

"You don't want to use these too often because they're high in Omega 6, which is a polyunsaturated

More from Heller

On some popular oil supplements.

- **Flaxseed.** Not so fast, she says. "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is

anti-inflammatory. But the body isn't going to convert as much ALA from flax as it is from fish oils."

- **Evening primrose.** Used as a supplement, "It has proven to have benefits."

oil and is thought to raise inflammation. (Inflammation) is behind so many diseases, including heart disease."

Sunflower oil

"This is high in polyunsaturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm

skeptical."

Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

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When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

- 1 cup water or coconut water
- 1 scoop of Absolute Whey protein powder (or 2 tbsp.)
- 1 tbsp. chia seeds
- 1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
- 1/4 cup fresh blueberries
- 1/2 banana
- 1/4 tsp. cinnamon
- handful of kale
- * Toss all of the ingredients into a blender and blend until smooth and creamy



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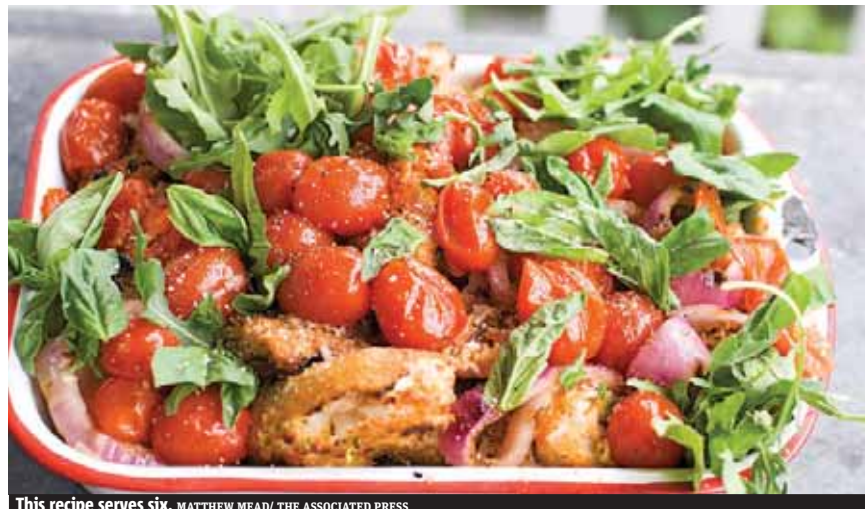
Grilling: not just for carnivores

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn on-

Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

ions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well

to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture

between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

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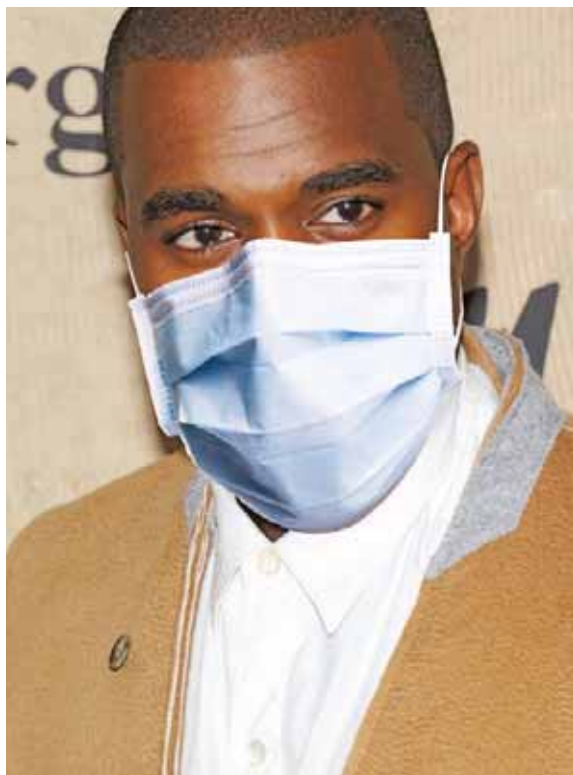
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Delivery-room dads: Accessory or necessity?



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION

Trend. Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge.

One comment on Yahoo.com, read, "That dude weak as #@%\$. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was

there. But does a man need to be in the delivery room?

Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of *The Expectant Dad's Handbook*, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.

"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

The hormones of labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help.

"It's best for him to stay away because otherwise he's effectively bringing the adrenaline into the delivery room, which could be detrimental to the birth," warns Beaumont.

To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenaline, a hormone produced by fear," he explains.

"So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenaline."

"This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenaline, which will then stall her labour," Beaumont adds.

The optimal birth: + trust = - stress

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up."

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan. "The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula."

And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees. "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."

A lesson in fixed vs. variable rate mortgages



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders. The appeal of the fixed rate will only grow with the flurry



Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage.

ISTOCK IMAGES

of talk about impending interest rate increases.

Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadianmortgagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100

In numbers

20

On average, Canadians expect to pay off their mortgages in 20 years.

basis points or one per cent.

It is easy to see why. Paying one per cent less on a \$200,000 mortgage keeps about \$2,000 after tax dollars in your pocket in the first year and saves nearly \$32,000 in interest costs over a 25-year amortization.

Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a \$200,000 mortgage an extra \$50 cuts two years off the life of the mortgage and saves nearly \$7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of \$1,500, and the mortgage is gone in 21 years with interest savings of nearly \$15,500.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Luongo's trade wish squished by Gillis

NHL. GM pulls draft-day switcharoo, sending Schneider to Devils for 9th overall pick

Roberto Luongo appeared to be the most available player in hockey history. The veteran wanted to be traded, and the Vancouver Canucks tried desperately to accommodate him.

Luongo knew the time and money left on his 12-year, \$64-million US contract made that more difficult, but until this past weekend it looked like it would happen. When Cory Schneider was shipped off to the New Jersey Devils instead, it brought Vancouver's goaltending situation into sharp focus: Luongo is once again the unquestioned No. 1.

But now Luongo has the task of resuming a role he lost and trying to reclaim the status of elite goalie in a city he asked to be dealt from.

"I think he's been prepared to move on for about a year now. To have that taken away, you have to sort of reset and readjust," Schneider said. "It's not easy to do, but he's a resilient guy and he's been through all this before, and I'm just hoping that he makes the best situation he can and that he can keep playing well and be the goalie that we all know he can be."

The goalie Luongo can be is more evident on his resumé than in his reputation. The 34-year-old won a gold medal with Canada at the 2010 Olympics and he came one win away from capturing the Stanley Cup with the Canucks



Canucks GM Mike Gillis solved his goaltending dilemma at Sunday's draft, albeit in a totally unexpected fashion. Gillis traded Cory Schneider to the Devils in exchange for the ninth-overall pick, leaving Roberto Luongo as the Canucks' undisputed starter. DEREK LEUNG/GETTY IMAGES

Schneider for Horvat

The Canucks traded Cory Schneider to New Jersey for the ninth-overall pick.

- Vancouver selected London Knights centre Bo Horvat

with the pick.

- Horvat said Sunday that he didn't expect his name to be called so quickly after the deal was announced.

in 2011.

But Luongo's save percentage dropped to .907 during the lockout-shortened season as he and Schneider dealt with the uncertainty and attention of sharing the net. He became far more popular for his Twitter personality than his play.

GM Mike Gillis is counting

on Luongo returning to form with the situation resolved.

"I believe Roberto is a professional," he said. "I think he is an outstanding person, an outstanding goaltender and I anticipate him being one of the front-runners for the Sochi Olympics playing goal for Canada. Based on all those

features I don't expect there to be a problem, but I haven't spoken to him."

Owner Francesco Aquilini flew to Florida to speak with Luongo on Sunday. According to Schneider, the Canucks organization didn't have much contact with either goalie as Gillis tried to figure a way out.

Luongo doesn't get to start fresh, but Gillis spoke to agent Gilles Lupien and figures life can now go on as normal.

"I'm not anticipating there being issues, but if there are, we'll deal with them," Gillis said. "He signed a long-term contract with our club for a lot of money and (was) very happy to do it." **THE CANADIAN PRESS**

NBA

Young Celtics, including Olynyk, drawing interest

Boston Celtics general manager Danny Ainge understands why other teams keep calling to see if he will trade Rajon Rondo.

The Celtics traded away coach Doc Rivers to the Los Angeles Clippers for a first-round draft pick. And a deal to send the team's biggest stars, Paul Pierce and Kevin Garnett, to the Brooklyn Nets for a package including three more No. 1 picks is just waiting for the NBA signing period to begin.

"Maybe the assumption is that we'll give away any of our players," Ainge said on Monday, listing not just Rondo but Jeff Green, Courtney Lee, Brandon Bass, Jared Sullinger and first-round draft pick Kelly Olynyk, from Kamloops, as players who have attracted interest. "There's been calls for all those guys. And maybe the assumption is we are just changing everybody, but we're not."

"We're starting to get younger." **THE ASSOCIATED PRESS**

Wimbledon

Serena's winning streak smashed

Serena Williams joined a growing list of marquee names eliminated early at Wimbledon.

The defending champion and five-time Wimbledon winner failed to close out a see-saw third set Monday, dropping the last four games to Sabine Lisicki and losing 6-2, 1-6, 6-4 in the fourth round. The result ended Williams' career-best 34-match winning streak.

THE ASSOCIATED PRESS

CFL. Important Lions pair set to return for clash with champs



Lions kicker Paul McCallum is expected to return for Thursday night's home opener. GETTY IMAGES FILE

The BC Lions expect to regain key linebacker Solomon Elimimian and veteran kicker Paul McCallum for Thursday night's home opener against the defending Grey Cup champion Toronto Argonauts.

The Lions (0-1) started poorly against theStampeders in their opening clash in Calgary on Friday, losing 44-32.

It was a frustrating game for Elimimian (ankle) to watch, and he admitted after Monday's practice that at one point he "was about to throw a couple of chairs."

"It was definitely tough," he

said. "But that was last week and we have 17 more regular-season games to go."

And that starts with a home date with the Argos (1-0), who fought back to top Hamilton 39-34 on Friday.

Elimimian is looking forward to trying to stop the potent Argos offence, led by Ricky Ray, who went 24-for-34 for 368 yards with four TDs against the Ticats.

"They have a great offence and a great offensive game," the 26-year-old said. "I just think the big thing for us is just doing what we do, and that's

run to the ball and be physical and if we do that we'll be fine."

Besides Elimimian, the Lions should also be boosted by the return of 43-year-old McCallum.

"Paul did all the place kicking, he felt good, he did some punting and really showed some power," head coach Mike Benevides said Benevides watching his punter go through the motions Monday. "So it's gonna be on him because he's a pro and he's been around a long time. But I really liked what I saw from his place kicking." **THE CANADIAN PRESS**

Lions lock-up Buono, Skulsky

The B.C. Lions are extending the contracts of two key front office members.

- Vice-president of football operations and general manager Wally Buono and chief executive officer Dennis Skulsky both signed contract extensions, keeping them with the Lions through the end of the 2016 season, the club announced Monday.

Horoscopes

Aries

March 21 - April 20

Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

Taurus

April 21 - May 21

You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

Gemini

May 22 - June 21

With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

Cancer

June 22 - July 23

Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

Leo

July 24 - Aug. 23

Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

Virgo

Aug. 24 - Sept. 23

Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

Libra

Sept. 24 - Oct. 23

You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

Scorpio

Oct. 24 - Nov. 22

You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

Sagittarius

Nov. 23 - Dec. 21

You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

Capricorn

Dec. 22 - Jan. 20

Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

Aquarius

Jan. 21 - Feb. 19

If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

Pisces

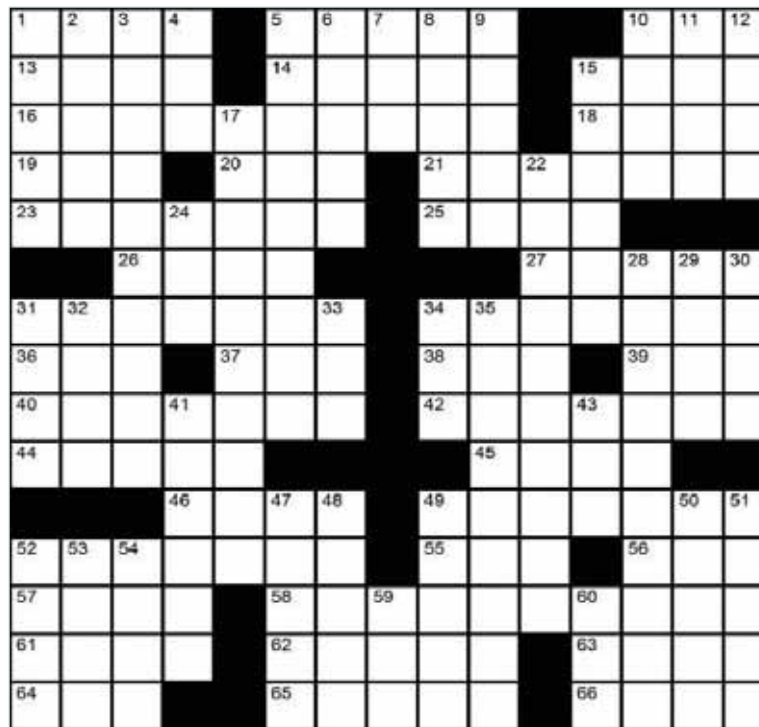
Feb. 20 - March 20

A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Jennifer or Cynthia (Canadian actresses/sisters)
- Mr. Kinnear's
- Loud sound!
- "Last one ___ a rotten egg!"
- Convey
- Musical finale
- Country's Lady ___
- Comb's comb-ee
- Pecan
- Papua New Guinea seaport
- Shannen of "Beverly Hills, 90210"
- Kid in "E.T.: The Extra-Terrestrial" (1982)
- Singular of 'Inuit'
- Goth/rock fans
- Namesakes of Civil Rights activist Ms. Parks
- Hindered
- Toronto's Ed ___ Theatre
- King, in Portugal
- Actor, Daniel ___ Kim
- "Either he goes ___ go!"
- Comedy's Mr. Howard
- "___ X" (1992)
- Physicians
- Edgar ___ Poe
- Type of flatbread
- Investment portfolio item
- "Friends" character's namesakes
- Canadian



- Snowbird Association member, perhaps
- Men's deodorant brand
- Coin of Vietnam
- Desktop symbol
- Suburbs area of Montreal: 2 wds.
- Electrical resistance units

- Made level
- 50 Cent hit: "___ Club"
- Lake temperature tester
- Have a hunch
- Broadway musical, Rock of ___

Down

- Journalist Ms. Sawyer
- Void
- Alanis Morissette's is 'Jagged': 2 wds.
- 'Legal' suffix (Lawyer-speak)
- Instrument of government, The ___

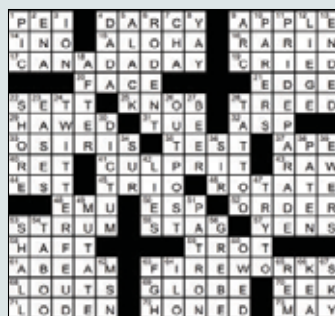
- of Canada: 2 wds.
- Get a new tenant
- Ms. DeGeneres, to pals
- Spanish architect, Antoni ___
- Chef on ABC's "The Chew", Michael ___
- 'Wild' animal
- Mine entrance

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- SYTYCD judge Ms. Murphy
- "Star Trek" role
- O Rh Negative giver: 2 wds.
- Severe storm systems
- "___ Mine" by The Beatles
- Montreal designer who is a Member of the Order of Canada: 2 wds.
- Ancient stringed instrument
- He's opposite
- "___ la Douce" (1963)
- Breakfast
- Bill Clinton, e.g.
- 1960s hipster
- It gives PEI's soil its reddish colour: 2 wds.
- Pioneer houses
- Mai ___ (Cocktail)
- Mr. Ginchich's
- John ___ (Tractor company)
- Pals
- ___ (Spelled-out cable network)
- Carbonated beverages
- Donnybrook
- Ontario's Bon ___ Provincial Park
- Voluminous book
- Earth's lightbulb
- Irish coronation stone, ___ Fail

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



Wednesday



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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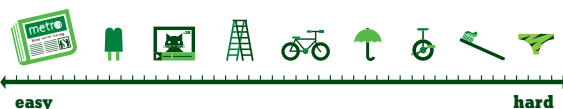
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1095 West Pender St.
1707 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

Abbotsford

Sevenoaks Shopping Centre
2140 Sumas Way
2142 Clearbrook Rd.
32915 South Fraser Way

Aldergrove

26310 Fraser Hwy.

Burnaby

Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack

Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam

Coquitlam Centre
1071 Austin Ave.
2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta

Scottsdale Centre
1517 56th St.
4841 Delta St.
7235 120th St.

Langley

Willowbrook Shopping Centre
8840 210th St.
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge

Haney Place Mall
22661 Lougheed Hwy.

Mission

Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster

Royal City Centre

North Vancouver

Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows

19800 Lougheed Hwy.

Richmond

Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey

Central City Shopping Centre
Cloverdale Crossing
Shopping Centre
Grandview Corners
Guildford Town Centre
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